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Exam 2: NUR256/ NUR 256 (New 2023/ 2024 Update) Concepts of Mental Health Nursing Exam Review| Complete Guide with Questions and Verified Answers| 100% Correct- Galen

QUESTION
_compensation

Answer:
used to counterbalance perceived deficiencies by emphasizing strengths
ex. small guy, big truck

QUESTION
_denial

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Answer:
ignoring existence of unpleasant thoughts/feelings
ex. I'm not an alcoholic

QUESTION
_displacement

Answer:
shifts impulses toward a more acceptable or less threatening object or person
ex. gets yelled at by boss, goes home and yells at spouse

QUESTION

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_intellectualization

Answer:
cold hard facts, no emotion
ex. car accident, instead of thinking of how upset, states need to file insurance claim

QUESTION
_projection

Answer:
unconscious rejection of emotionally unacceptable features and attributing them to others
ex. lady has crush on boss & says he has crush on her instead

QUESTION
_rationalization

Answer:
offers self-justifying explanations in place of the real, more threatening, unconscious reasons for one's actions
ex. I didn't get a raise b/c the boss doesn't like me

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QUESTION
_regression

Answer:
reverting to an earlier childlike pattern of behavior
ex. newborn sibling, so starts wetting bed

QUESTION
_repression

Answer:

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anxiety-provoking thoughts and feelings are forced to the unconscious
ex. man forgets wife's birthday after marital fight

QUESTION
_suppression

Answer:
Consciously and intentionally pushing unpleasant feelings out of one's mind
ex. fell & everyone saw, don't think about it bc it was too embarrassing

QUESTION
_sublimation

Answer:
Unconscious Rechanneling of drives or impulses that are personally or socially unacceptable into activities that are constructive.
EX: Mom of son killed by drunk driver, president of MADD.

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QUESTION
_undoing

Answer:
symbolically negating or canceling out an experience that one finds intolerable
ex. heres some flowers, i'm sorry, I'll never do it again

QUESTION
_reaction formation

Answer:
switching unacceptable impulses into their opposites
ex. alcoholic talks about evils of drinking

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QUESTION
_Seperation Anxiety Disorder (SAD) normal

Answer:
with infant development 8-18 months

QUESTION
_Seperation Anxiety Disorder (SAD) things to help

Answer:
picture/comfort item from home
reminders
explain & give transition time

QUESTION
_Seperation Anxiety Disorder (SAD) not normal

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Answer:
developmentally inappropriate levels of concern over being away from a significant other
can have panic attacks
fear of something horrible happening to other person while away

QUESTION
_agoraphobia

Answer:
excessive anxiety or fear about being in places or situations from which escape might be difficult or embarrassing

QUESTION
_specific phobias

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